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INSTITUTION	Institute for Mental Health Initiatives, Washington, DC.
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ABSTRACT

Parents who abuse their children are found to lack adequate knowledge of child development and child rearing, and to exhibit a tendency toward more negative and less positive parent-child interactions and a tendency for anger responses to occur in every day child rearing situations. The Institute for Mental Health Initiatives (IMHI) pilot tested a parents' workshop on channeling the anger parents felt toward their children to reduce the risk of abuse. The pilot data indicated that participating parents learned some important things about children and anger management, and gained an increased sense of empowerment, but also that parents needed further help in a number of areas where they still lacked skills or understanding. IMHI revised the program and conducted additional workshops to further test the materials, resulting in the "RETHINK method" workshop program. Steps of the RETHINK method are: Recognize the onset of anger, Empathize with the child, Think about the situation in a different way, Hear the child's point of view, Integrate expressions of anger with expressions of love and respect, Notice physical signs of anger and how to calm down, and Keep the conversation in the present. This program guide gives background information about the development of the program and offers guidelines for conducting a successful workshop of approximately 12 hours of instruction; the workshop can be conducted in 2 sessions of 6 hours, or several 2- to 3-hour sessions. At the core of the guide are session procedures that will help the instructor introduce both the RETHINK method and the information parents need to deal constructively with children at various developmental stages. The program's introductory videotape features parents sharing their own experiences with anger and their ways of dealing with it, and a psychologist using a puppet to introduce the RETHINK method for managing anger. The parents' manual includes an introduction to anger management, basic information on the RETHINK method, and the same information presented in the program guide on the stages of child development. (HTH)

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